

LHS CULINARY ARTS

IN THE NEWS:

Inside the Food Studies Classroom:

*International Foods
& Nutrition and Dietary Choices*



Remote learning is happening in all culinary courses. Students should be checking their school email and Google Classrooms regularly.



Hand Washing Tips

Follow these five steps every time.

1. **Wet** your hands with clean, warm running water, turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air-dry them.

Nutrition & Dietary Choices is busy exploring a large variety of popular diets, healthy meal options, and identifying how their daily food choices affect their overall health and well being.

International Foods is studying what makes other countries around the globe unique. Students are looking into the cuisine and historical events that shaped individual food identities.

Courtyard Restaurant News:

- First Remote Students of the Month: Amber Bonner and James Laroque...for thoughtful completion of all material before it was even "required"!
- The Monday Morning Meeting continues at 11:00 am online through zoom, link in Google Classroom!
- The Courtyard Restaurant donated 145 pounds of food to the Merrimack Valley Food Bank recently following the school building closure.

Culinary Club Spring Schedule:

The Culinary Club will resume in the fall of 2020...dates will be announced at a later time.

RECIPE:

Chef B's Spicy Chicken

By: Chef Seth Bernier

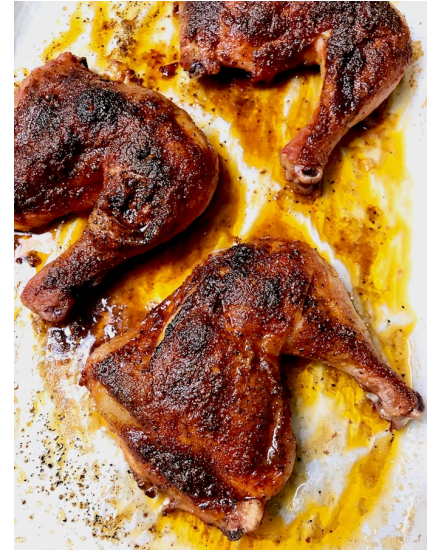
Serves: 4

4 Chicken legs sectioned
2 tsp. Cumin
2 tsp. Granulated garlic
1 tsp. Cayenne pepper
1 tsp. Paprika
2 Tbsp. Vegetable oil
Salt
Pepper

*Adjust seasoning amounts to personal taste

- 1) In a large mixing bowl make a paste with the spices and oil.
- 2) Add in chicken and thoroughly coat with the paste.
- 3) Place chicken skin side up on a parchment-lined sheet pan and season with salt and pepper, then turn over and season on the other side.
- 4) Roast chicken on the bottom rack of a 425 oven for about 20 minutes. Remove pan from the oven and drain as much drippings as possible. Turn chicken and place back into the oven on the middle rack.
- 5) Continue cooking for another 20 minutes until crispy and golden ensuring the internal temperature is at least 165 degrees Fahrenheit.
- 6) If grilling, follow steps 1-3 and be sure to start on the grill skin side down. Turn often until crispy golden brown and the internal temperature is at least 165 degrees Fahrenheit. Be mindful of flare-ups as chicken legs contain a fair amount of fat that when rendered will catch fire.

Serve with your favorite rice and vegetable recipes!



Chef's Tip:

Purchase larger cuts of meat like chicken and pork, cut into the size portions you need, and save money on the cost per pound.

Home Economics Advice Corner:

- ❖ Do Not mix bleach and ammonia together because the combination is toxic.
- ❖ Vinegar and water makes a great non-toxic cleaner that is perfect for cleaning mirrors and glass without streaks.
- ❖ Make a paste of baking soda and warm water to clean stains on coffee mugs, sinks, and around the bathroom or kitchen.

Recipe Websites for Home Cooking:

www.foodnetwork.com

www.eatingwell.com

www.delish.com

www.allrecipes.com

www.bhg.com

www.cookinglight.com

www.bbcgoodfood.com

www.cookingchanneltv.com